



ZUCCHINI PICKLES

(Yield 4 pints)

5 medium-sized Puget Sound Fresh zucchini

3 cloves Puget Sound Fresh garlic, peeled and minced

1 Cup non-iodized salt

1/4 Cup minced fresh dill

2-1/2 Cups Florida crystals (alternative sweetener)

1 Tablespoon fresh ground black pepper

1 Quart rice vinegar

Rinse & trim the zucchini, then decorate them by using a sharp paring knife (or zester) to make 4 or 5 spaced lengthwise cuts about 1/8" deep in the outer skin in each vegetable. Cut the zucchini into 1/4" slices. Place the slices in a large, deep bowl.

Work together the garlic, salt, and dill until well integrated. Add to the zucchini, along with the sweetener and pepper. Toss gently until all slices are evenly coated then allow to stand for 1 hour. Stir in the vinegar. The pickles are best when used immediately, although they will keep for a few weeks if refrigerated.

From: Chef Michael Oseland, PCC Seward Park, Seattle, WA

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